

CLAIMS

1. A sole for walking comprising a face intended to be in contact with the ground, referred to as the bottom part, and an opposite face referred to as the top part, characterised in that it comprises in the bottom part recesses (3) closed off by the top part (2) for trapping a portion of material on which a person moves, each recess being provided with at least one decompression channel (7) producing a free junction between the interior of the recesses (3) and the external perimeter of the sole (8).

2. A sole according to Claim 1, characterised in that the decompression channels (7) are disposed around the recesses in the bottom part (1) of the sole so as to be in contact with the ground.

3. A sole according to Claim 1, characterised in that the decompression channels (7) are disposed around recesses at any height on the wall of these recesses (3).

4. A sole according to Claim 1, characterised in that the decompression channels (7) have a height substantially equal to that of the recesses (3).

5. A sole according to any one of Claims 1 to 4, characterised in that, for one and the same sole, the recesses (3) provided with decompression channels (7) are at least two in number.

6. A sole according to any one of Claims 1 to 5, characterised in that, for one and the same sole, the depth of the recesses is identical.

7. A sole according to any one of Claims 1 to 5, characterised in that, for one and the same sole, the depth of the recesses is different.

5 8. A sole according to any one of the preceding claims, characterised in that, for one and the same sole, the walls of the recesses form an angle of less than or equal to 90 degrees with respect to the face (1) of the sole intended to be in contact with the ground.

10 9. A sole according to any one of the preceding claims, characterised in that the external perimeter (8) of the sole forms an angle of less than or equal to 90 degrees with respect to the face (1) of the sole intended to be in contact with the ground.

15 10. A sole according to any one of the preceding claims, characterised in that it consists of a single or several layers of superimposed material and in that the recesses and decompression channels are formed on at least the bottom layer intended to be in contact
20 with the ground.